



North West
ccac **casc**
Community
Care Access
Centre
Centre d'accès
aux soins
communautaires
du Nord-Ouest

Considering Long-Term Care



Considering Long-Term Care

There may come a time when you need help with your health care or daily activities and living in your home is no longer possible. Or, you may have a family member who cannot manage on his or her own.

Facing this situation can be very difficult. You will likely have many different emotions, questions and concerns. The Community Care Access Centre (CCAC) can answer your questions, provide you with information on the options available in your community, and help you make important care decisions.



The Role of the CCAC

The CCAC helps people obtain health care and social services in their homes, their community, and in Long-Term Care Homes. Our role is to:

- provide the public with information and referrals regarding the CCAC's services, Long-Term Care Homes and other health-related organizations and social services available to them;
- assess people's needs and arrange for health and personal support services in their homes;
- manage all admissions to Long-Term Care Homes; and
- authorize and arrange health services for children at home or at school.

We coordinate all applications and admissions to Long-Term Care Homes in Northwestern Ontario. This includes:

- carrying out a needs assessment and determining an individual's eligibility for long-term care;
- coordinating the application process;
- managing the waiting lists for Long-Term Care Homes;
- notifying people when a place (or 'bed') becomes available; and
- facilitating the individual's move into a Long-Term Care Home.

Understanding Your Options

Depending on your own personal situation and needs, there are various options available to you. You may be able to continue living in your own home with home care and community support services. Or, if living at home is no longer possible, you could move into accommodation that provides the care and type of support you require.

Home Care Services

The CCAC purchases services from health care organizations to provide the assistance people need to stay in their homes for as long as possible. You can access a single service or a combination of several services, depending on your care needs. The CCAC's home care services include:

- **Information and referral services** to make people aware of the community organizations and services available to them and to help them access and coordinate the services they need.
- **Visiting health professional services**, including nursing, nutritional counselling, occupational therapy, physiotherapy, social work and speechlanguage therapy. Individuals who receive visiting health professional services may also obtain medical supplies and equipment through the CCAC to assist them with managing safely at home.
- **Personal support**, including assistance with a variety of daily living activities such as personal hygiene and bathing, dressing and eating.
- **Homemaking**, such as light housekeeping and laundry, in combination with personal support services.



Caregiver Support and Respite Services

Respite care provides a period of relief for people who are responsible for the ongoing care of an individual. It can take many different forms according to the needs of each family. For example, the CCAC's short-stay respite program gives caregivers a break from their responsibilities while their adult family member is temporarily cared for in a Long-Term Care Home or health care facility.

The CCAC also provides access to adult day programs, which offer social, recreational and physical activities to seniors outside their home, while giving the regular caregiver a break. Respite can also be provided in a person's own home with the personal support and homemaking services coordinated by the CCAC.

Community Support Services

In addition to the home care services coordinated by the CCAC, there may be other community support services that can be delivered in your home or at various other community locations, such as a community centre. Some examples are:

- Housekeeping services
- Meal services
- Transportation
- Caregiver support groups
- Respite services

- Security services (i.e. emergency response, friendly visiting)
- Social or recreational programs (i.e. seniors' centres)

The CCAC's Information and Referral Services can provide you with more information on the community support services available in your area.

Residential Options

If home care and community-based services cannot meet your needs, the CCAC can provide information on residential options, such as:

- Retirement homes
- Supportive housing
- Long-Term Care Homes

These accommodations may not be available in every community, so you should contact your nearest CCAC office to obtain a complete listing of residential options in your area.

Retirement Homes

Retirement homes are privately owned and operated rental accommodation. They are suitable for people who need minimal support in their daily living activities. The types and levels of services offered vary considerably according to each retirement home. Most retirement homes offer meals, housekeeping, laundry and recreational or social programs. Retirement homes are not funded or regulated by the government. You are responsible for the total cost of both your accommodation and care. Applications must be made directly to the retirement home. While the CCAC can provide a list of retirement homes in the area, we do not endorse or recommend any particular retirement home. We encourage you to tour and thoroughly research each retirement home so that you are satisfied with its quality and suitability.

Supportive Housing

Supportive housing provides an option for people who have care requirements which might otherwise necessitate admission to a Long-Term Care Home. It is designed for people who need personal care and support in order to live independently.

There are various types of supportive housing, including apartments and group residences. Services typically include personal care and support on a daily basis (with 24-hour availability of these services), as well as essential homemaking. The CCAC can provide information on supportive housing available in your community. You must contact your local community housing agency in order to apply for supportive housing. If you are eligible, the provincial government may subsidize your rent in supportive housing.

Long-Term Care Homes

Long-Term Care Homes offer higher levels of care than are typically offered in either retirement homes or supportive housing. They are designed for people who require the availability of 24-hour nursing services, daily assistance with personal care, and/or require a secure environment.

Long-Term Care Homes may also be referred to as nursing homes, municipal homes for the aged, or charitable homes for the aged. They are owned and operated by various types of organizations, including municipal governments, privately-owned corporations or charitable organizations, such as faith or cultural groups.

No matter what they are called or who owns/operates them, all Long-Term Care Homes are licensed and regulated by the provincial government. The Ontario Ministry of Health and Long-Term Care sets the standards for care and inspects Long-Term Care Homes annually.

Services at Long-Term Care Homes

All Long-Term Care Homes in Ontario provide the following core services:

- Nursing and personal care services on a 24-hour basis
- Access to a physician as well as other health professionals
- Treatment and medication administration
- Assistance with daily living activities
- Basic furnishings (i.e. bed and chair) and bed linens
- Meal services, including special diets

- Laundry services
- Housekeeping
- Medical/clinical and personal hygiene supplies
- Pastoral services
- Social and recreational programs
- Residents' Councils

These core services must be provided by all Long-Term Care Homes as a condition of licensing, and all services must meet certain minimum standards as defined by the Ministry of Health and Long-Term Care.

In addition to these core services, individual facilities may offer a number of optional services, which are available for a fee. Examples include hairdressing and barber services, banking, telephone and cable television connections, a tuck shop, newspaper delivery, dry cleaning, mending and ironing services, or transportation.





Who is Eligible for Long-Term Care?

You are eligible for long-term care if:

- you are 18 years of age or older;
- you have a valid Ontario Health Card;
- you have health care needs that can be met in a Long-Term Care Home;
- government-funded community services are not sufficient to meet your needs;
- you need one of the following:
 - availability of nursing care 24-hours a day;
 - assistance with personal care at frequent daily intervals;
 - frequent supervision or monitoring throughout the day;

Special Provisions

If you are eligible for admission to a Long-Term Care Home, your spouse or partner may also be eligible for admission if he/she has a valid Ontario Health Card and his/her requirements can be met at the same Home. There are accommodations available in certain Long-Term Care Homes for eligible veterans. Please discuss this with the CCAC.

How to Apply for Long-Term Care

The only way to apply for long-term care is by contacting your nearest CCAC office. A CCAC Community Care Coordinator will assist you in completing the long-term care application process. Once your application is complete, the CCAC will determine if you are eligible for long-term care and, if so, will authorize your admission into a Long-Term Care Home. For more information on the application and placement process, see the CCAC's booklet "Applying for Long-Term Care".

Once your eligibility for Long-Term Care has been determined, you can choose up to five Long-Term Care Homes. We recommend that you visit the Long-Term Care Homes in your area prior to making your selection. Most Long-Term Care Homes have regularly scheduled tours for prospective residents and family members. The CCAC can provide you with a tour schedule, or you can contact the Homes directly to set up an appointment. For more information, see the CCAC's booklet "Selecting a Long-Term Care Home".

Waiting Lists

Most Long-Term Care Homes have waiting lists. Your name will be put on the waiting lists of the Homes you choose and, when a place becomes available at any of the Homes, it will be offered to you. If you are placed in a Home that is not your first choice, your name will remain on the waiting list for the Home of your choice.

The length of the waiting period varies and is dependent on a number of factors, including the Home and type of room you select, your gender and the level of care you require.

Financial Information

Monthly Fees

Long-Term Care Homes in Ontario are funded by the Ministry of Health and Long-Term Care. The provincial government pays for personal and nursing care, support services and food, while you pay a fee for the accommodation (also called the "co-payment"). The co-payment is based on the type of accommodation you choose – basic (or ward), semi-private or private.

Basic or ward accommodation typically houses two to four residents with a shared bathroom. The size of the rooms and the number of people housed in them varies according to each Home and when it was constructed or renovated.

The Ministry sets the maximum co-payment rates, and all Long-Term Care Homes in Ontario charge the same fees to their residents. The co-payment rates are revised on a regular basis so it is best to check with the CCAC or the Long-Term Care Home for the most current information. You should also ask each Long-Term Care Home about any additional fees (i.e. pharmacy dispensing fees) that may be charged.

Government Subsidies

Long-Term Care Homes cannot refuse admission to eligible individuals if they are unable to pay for accommodation. If you do not have enough income to pay for your accommodation, you may be eligible for a subsidy that will reduce your accommodation rate. This subsidy is available to residents in basic accommodation only and is not available if you request a semi-private or private room.

In order to receive a subsidy, you must provide your Notice of Assessment from the Canada Revenue Agency, which you receive each year after filing your income tax return. Your Notice of Assessment provides proof of your annual income. The cost of Long-Term Care is based on your annual income only. It does not include the value of your assets, such as your home or savings.

The provincial government offers an additional subsidy for those who have a spouse or partner living in a separate dwelling. This subsidy is available if a large portion of your pension income will be going toward payment for the Long-Term Care Home, leaving your spouse or partner with little or no income.

A Difficult Decision

Making the decision to move into a Long-Term Care Home can be very emotional for you and your family members/caregivers. We suggest that you consider the following:

- Involve key people in the decision, such as your family, your physician, or a religious leader.

- Request information packages from each Long-Term Care Home.
- Tour the Long-Term Care Homes prior to making a final decision.

Caregivers often feel guilty about placing an individual in a Long-Term Care Home. If you are a caregiver:

- Involve the prospective resident in the decision-making if he or she is capable of understanding the need for placement in a Long-Term Care Home. His/her wishes are very important.
- Be sure to consider your own health and needs.

The CCAC is an excellent resource to assist you through the decision-making process.



How to Contact Us



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Revised January 2011

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